

November 5, 2019

DOH-COLLIER RECOMMENDS TIPS FOR A SAFE AND HEALTHY HOLIDAY SEASON



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Naples, Fla. — The holiday season has arrived! During this time of the year it is important to make sure to take care of yourself. Often people will get sick during the holiday season due to weather changes, diet changes, changes in sleeping habits, and increased stress levels.

Remember this holiday season, with balance and moderation, everyone can enjoy the season the healthy way. The Florida Department of Health in Collier (DOH-Collier) encourages healthy holiday habits to help get residents and visitors through the season.

Get Sleep! Aim to get between 7-8 hours of sleep per night. Being sleep deprived can lead to mindless eating during the day. Some tips for a good night sleep include avoiding large meals and caffeine before bedtime, exercise during the day, keep your room quiet and dark, and be consistent with your bedtime.

Buckle up! Whenever operating or riding in a motor vehicle it is important to buckle up. Take the extra minute to make sure you and your passengers are buckled and ready to go. If you are consuming alcoholic beverages, designate a driver or contact a ride sharing service. Arrive alive, do not drink and drive.

Put Food Away! Make sure to refrigerate perishable food within 2 hours. If the temperature is above 90 degrees Fahrenheit, chill food within 1 hour. It is best to divide leftovers into smaller portions and place the food in shallow containers to refrigerate or freeze them.

Shoo the Flu! Do not forget it is still flu season! Being around more people, traveling, changing your diet, and staying up late can put you at a higher risk of getting sick. Make sure to take precautions such as getting the flu shot, washing your hands, avoiding contact with individuals who are sick, and cough and sneeze into your shirt sleeve, elbow, or tissue. Be a flu fighter this season!

Do not Skip! Do not skip meals to save room for the feast. You will end up being hungrier and overeat.

Eat Slowly! It can take your brain at least 20 minutes to realize you are full.

Get Moving! It is important to stay physically active during the holiday season. It can help reduce hunger and stress. Remember: maintain do not gain!

Be Conscious! If you have a sweet treat, cut back on other foods high in carbohydrates during the meal. Foods high in carbohydrates could be breads and potatoes.

Wash Up! Make sure to wash your hands for 20 seconds with soap and water before and after handling raw meat, poultry, eggs, and seafood.

Brighten your holiday season by making health and safety a priority with these healthy holiday habits!

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